

# ATHLETIC PERFORMANCE: COMPLEX CARBOHYDRATES

Focus: Sustained Energy & Glycogen Replenishment Optimal Intake: 3-4 Hours Pre-Workout

<b>Food Category</b>	<b>Examples</b>	<b>Performance Benefit</b>
<b>Whole Grains</b>	Oats, Quinoa, Brown Rice, Barley	<i>Steady glucose release; high fiber for satiety.</i>
<b>Starchy Tubers</b>	Sweet Potatoes, Yams, Red Potatoes	<i>Rich in Potassium; supports muscle function.</i>
<b>Legumes</b>	Lentils, Chickpeas, Black Beans	<i>Protein-carb synergy for muscle repair.</i>
<b>Fibrous Fruits</b>	Apples, Berries, Pears	<i>Antioxidants to reduce exercise-induced stress.</i>
<b>Ancient Seeds</b>	Buckwheat, Amaranth, Millet	<i>Magnesium source for electrolyte balance.</i>

**Notes:** Complex carbohydrates provide the essential glucose required for high-intensity aerobic and anaerobic activity. Aim for 5-7g per kg of body weight depending on training volume.